

Corrimal Cougars Junior Rugby League

www.corrimalcougars.com.au



2017 Season

Sponsorship

Corrimal Cougars Junior Rugby League would like to thank all of their sponsors.

Without the support of these sponsors our club would not be able to operate with the professionalism and efficiency that it does.



Corrimal Cougars

Junior Rugby League

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Corrimal Cougars Junior Rugby League

Where do I find information

Corrimal Cougars have many ways for you to find information about game day, draws, training cancellations, news, and events.

Please make yourself familiar with the following sites so that you don't miss out on information that is sent out during the season.

Website: corrimalcougars.com.au

Website provides you with all information that you need for the season, such as draws, cancellations, functions, and news item about achievements that have occurred by players or teams. You can also see what is happening in our Senior Club with game times and news items about them.

Corrimal Cougars Juniors Team App

This is a great App that you download onto your smart phone or android/ipad

That will give you notifications or cancellations, draws, news items and events.

Just follow the instruction below to download this app.

Follow these steps



- ♦ Download Team App from the Apple or google play store.
- ♦ Sign up to Team App. You will be sent an email to confirm your registration.
- ♦ Log into the App and search Corrimal cougars juniors
- ♦ Choose your applicable access groups.

Leaguesafe

Duties

The leaguesafe person is the person that administers water Assists the interchange process

Convey messages

Yellow Shirt

Sports Trainer Blue Shirts

Duties

Unlimited access to attend an injured/ill player and to administer water.

Assist by observing and monitoring players during play as well as those who have been removed from the field through injury/illness.

To assist and injured/ill player on and off the field of play at training and/or game.

Team Liaison Officer

Liaison Office is the person who the ground manager will approach if there is a problem with parents, coaching staff or players in their team. This person is to try and solve any issues before it escalates into something more serious.

For more information on these positions and course information please go to playnrl.com "click" the **get involved tab**. **For any more enquiries and information please contact the committee.**

How Parents can help

There are many ways that parents can be involved in the Club, either by becoming a committee member or by becoming a helper with in your child team.

Committee members help with the day to day running of the club. The Committee usually meets once a month.

They deal with any issues that may arise, organize fundraising functions, presentations, make sure that all game day requirements are in place.

The Committee are always looking for new people to help and give new ideas on how the club can improve. The committee appreciates feedback and suggestions.

Team Helper

There are a number of positions that a parent can become involved in within their child's team.

Coach

There are many levels of coaching course that a person can acquire.

Most people who take on coaching positions usually work their way through the different levels of coaching as their child pass through the different age groups of rugby league.

If you would like to become a coach and need more information please go to playnrl.com "click" get involved tab. This should give you all the information that you need.

Where do I find information....

Facebook

Corrimal Cougars Junior Rugby League

Like us on Facebook and you can follow what has been happening around the place, receive information on training and functions and see some great photos.

If all of the above fails, then you always have the good old telephone that you can contact your Coaching staff or the contacts at the front of the book to make any enquiries that you have.

Please don't hesitate to contact someone if you have any problems at all or need to talk to someone.



Registrations

All registrations can be done online.

Visit: corrimalcougars.com.au and go to the Junior tab and then head to the registration tab.

A player must be turning 5 in 2017 to register.

Players will be expected to play in their age group unless special consideration is given by the Executive Committee of Corrimal Cougars Junior Rugby League.

A player must be registered before he can play a game , this includes trial matches.

Girls are most welcome to register to play Rugby League or League tag.. Girls can participate in tackle Rugby League with the boys up to and including the under 12 age group. As there is not a competition for the girls after this age group they can continue with League tag until they reach 16.

Registration /Gear Day will be held **25 February**

WHERE: **Ziems Park**

WHEN: **12noon — 3pm**

Registration fee for 2017 is \$100

Registration will include **insurance, training Singlet, playing shorts & socks, new min/mod players will receive a footy and International players will receive a club player shirt**

Game day

There are lots of things that everyone can help out with on game day , to lighten the load for everyone.

Ground set up.

This usually starts around 6– 6.30 am each Saturday morning.

If your child plays in the first match of the day it would be great if you could come down and lend a hand to set up.

It is the responsibility of the team that plays last on each field to pack that field up at the end of their match.

If everyone lends a hand then it doesn't take long.

Canteen

The canteen is our biggest form of fundraising.

So that the Cougars can manage to operate this effectively we need the support of teams parents and supporters. This year your team/age group will be required to man the canteen for the day. This will be once during the season and missing your day could result in you missing your game the next week

This will help out enormously.

Children are not permitted in the canteen unless given permission by the Junior Committee.

BBQ

A roster will be made for the BBQ duties each Saturday. This will be organized once we have a draw so that we know who will be playing at Ziems Park each Saturday.

We will let each team know of their roster, it will also appear on Team app each week.

Please remember that all Committee members have child playing as well, and they may not be at Ziems Park. If people can help it lightens the load for everyone

Group 7 Club Grounds

APOF JRL	Croome Road Complex	Croome Road Albion Park
Batemans Bay JRL	Mackay Park	Vesper St Batemans Bay
Berry Shoalhaven JRL	Berry Sports Complex	Coolangatta Road Berry
Bomaderry JRL	Bomaderry Sports C'lex	Cambewarra Road Bomaderry
Culburra JRL	Crookhaven Park	Prince Edwards Ave Culburra
Gerringong JRL	Michael Cronin Oval	Blackwood Street Gerringong
Jamberoo JRL	Kevin Walsh Oval	Allowrie Street Jamberoo
Kiama JRL	Chittack Oval	Bong Bong Street Kiama
Milton/Ulladulla JRL	Ulladulla Sports	Camden Street Ulladulla
St Georges Basin JRL	Francis Ryan Res	Paradise Bch Rd Sanctuary Pt
Stingrays JRL	Flinders Field	Wattle Road Flinders
Sussex JRL	Finkernagle Oval	Sandpiper Way Sussex Inlet
Tullimbar JRL	Des King Oval	Tongarra Road Albion Park
Warilla JRL	Cec Glen Holmes Oval	Reddall Parade Lake Illawarra



Age Groups

Mini Footy	5-9 age groups
Mod Footy	10-12 age groups
International Footy	13-17 age groups

What Equipment is required to Play Footy

There are a few essentials that a player is required to have to play Rugby League.

To play in a competition fixture a player must wear the club uniform.

Shorts and Socks are provided to each player with registration fee. Team playing Jerseys are kept together for the season, and given out on game day. This is so that they do not get lost or left at home.

Boots are essential. These must be worn on game day and at training.

It is not compulsory but preferred that all players have a mouth guard. This is especially the case in the older age groups.

Head gear is totally up to the individuals. The main reason for head gear is not to stop concussion but to avoid head clashes which lead to split heads.

Shoulder pads up to the individual.

All club gear such as Polos, bags, etc. can be purchased through the club.

IMPORTANT DATES FOR 2017 SEASON

Training Commences	28 February
Trial Match v Woonona	19 March
Trail Match v Helensburgh	26 March
Coaches Information Night	30 March
Competition Starts	1 April
Crl Rep Team Trials	22 April
Crl Championships Wollongong	17/18 April
Mod Semis	5 August
Mod Finals	12 August
Mod Grand Finals	19 August
International Semis	26 August
International Fiinals	2 September
International Grand Finals	9 September

Draw

At the start of the season there are a lot of changes that take place in the draw due to clubs adding and removing teams into the draw.

After the first four weeks regrading will take place in the Mod Competition and International Competition.

After round 6 the season draw will come out that will tell you who you play and where but will not tell you the time.

Each week the draw will be published on the

Website: corrimalcougars.com.au

Corrimal Cougars Juniors Team App.

The draw may change due to unforeseen circumstances so please check the above sites each week or with your Coaching Staff to confirm time and place.

Where do we play?

“The Cougars “ home ground is Robert Ziems Park, which is located Short Street, Corrimal.

Ages 5—12 play between Helensburgh in the North, and Shellharbour in the South.

Ages 13—16 play between Helensburgh in the North, and Batemans Bay in the South. There may be inclusions of some Cronulla team and this could mean that you will travel to the Shire.

Under 17's play between Helensburgh in the North, and Shellharbour in the South. Again they may be inclusion of Cronulla teams which could mean you will travel to the Shire

The distance that a player may have to travel is determined by the clubs that are involved in that age groups competition. (Some Clubs may not have a team in all age groups or all divisions.

Illawarra Club Grounds

Berkeley JRL	Berkeley Park	Burke Way , Berkeley
Collegians JRL	JJ Kelly Park	Keira Street, Wollongong
Dapto JRL	Reed Park	Bong Bong Road, Dapto
H'burgh JRL	H'burgh Park	Blackwell Street, H'burgh
Northern Suburbs	Jim Allen Oval	Monash Street, Wombarra
Pt Kembla JRL	Noel Mulligan Oval	Carlotta Crescent, Warrawong
Shellharbour JRL	Ron Costello Oval	Williams Street, Shellharbour
Huntley Rhinos JRL	Lindsay Maynes Park	Factory Road, Unanderra
Thirroul JRL	Thomas Gibson Park	Station Street, Thirroul
Wests JRL	Sid Parrish Park	Cleverdon Cres Figtree
Windang JRL	Boronia Oval	Boronia Street, Windang
Woonona JRL	Holly Mount Park	Princes Highway, Woonona

Grading Of Teams

The Corrimal Junior Rugby League Football Club (JRLFC) grading Policy is designed to give all players, parents, coaches and managers a clear understanding of the club's selection or grading process.

To ensure that grading of teams is undertaken in a consistent manner, and that the players, coaches & parents have an expectation of the outcome of grading.

In grading our players into teams and grades, the Club will show commitment to promote fairness, consistency and transparency in the selection process. It is therefore the objective of the club, where possible, for all players to play in a team for their age and in a grade best suited to their ability.

Who is graded?

At the Corrimal JRLFC grading only applies to ages Under 10 – 17, being the Mod and International Competitions. No grading takes place in Mini's

The Club recognises that individual players have different motivations for playing Rugby League ranging from highly competitive to social recreation. Through appropriate grading and player placement the Club aims to cater for all players and believes that everyone can benefit from the grading process.

Whilst the Club encourages all players to take part in the grading/player placement process, it is not compulsory. Players will have the opportunity to play with friends in non-graded teams whenever this is possible in conjunction with the grading process.

It is important to state that once grading has been completed, players will not be swapped between teams unless there are unexpected shortages in a team. CRL and Illawarra JRL regulations also apply re-grading players changing teams.

Grading players in U10 – 17

The grading of players will be performed by independent and flexible grading techniques and personnel. Grading will be managed by the Corrimal JRLFC Coaching Coordinator, appointed by the Committee.

The following assessments can be considered when grading takes place:

End of Season Assessment

The end of season assessment is conducted by selectors who assess players during games at the end of the previous season. This is important for assessing players in their natural game, particularly players who find trials stressful. It is also a good way to view players across all teams in the age group which is sometimes missed by the coach's as-assessment. The end of season assessment provides an indication of a player's technical skill level and game playing level.

Coach's Assessment

The coach's assessment is not only a skill assessment but also an assessment of attitude and work ethic. Coach's have the advantage of seeing how players develop throughout the season so they are able to assess the full season of play rather than a few end of season games or trials. Coaches also provide the best assessment of a player's reliability, work ethic and attitude.

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Tough love policy

Reduced on field violence

Elimination of unsavoury behaviour towards referees

Stop "all in" melees

Remove repeat offenders from the game

(both individual and teams)

Reduce the number of matches being abandoned because of poor behaviour

Stop spectators from entering the field

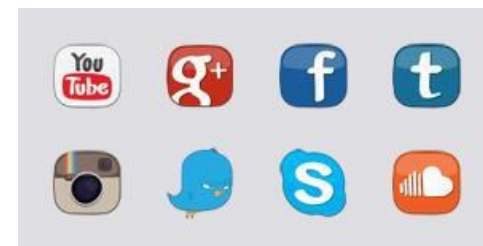
Educate players at a young age that violence in our game won't be tolerated

Social Media

Social Media is such a great way to let people know what is happening around the club and to show everyone great photos of our teams and individual players.

Please be aware that there are strict policy on the use of social media and everyone involved in our club must abide by this policy.

On occasion photos will be used by Corrimal Cougars or by the Aster Group. If you do not wish for your child to be photographed or videoed can you please inform the committee in writing so that we can mark your child's registration with this information..



Code of conduct

The Country Rugby League has very strong regulations on the Code of Conduct of players, officials and spectators.

Corrimal Cougars will not tolerate any behaviour from players, officials or spectators that brings our Club into disrepute and is contrary to the CRL Code of Conduct.

To become more familiar with the Code of Conduct please visit our [website corrimalcougars.com.au](http://corrimalcougars.com.au) go to the Junior site and look in the resources tab.

Tough love policy

CRL has agreed to adopt the “Tough Love in League” regulations in the Under 13-Under 18 age groups.

The “Tough Love In League” (TLIL) program was designed with four key objectives in mind:

To reduce the amount of violence in the grassroots game.

To take pressure off young and experienced referees and Match officials

To make Junior League experience safe, fair and fun for all

To encourage increased participation in the game.

Desired Program Outcomes Include

Pre Season Training / Grading sessions

The Grading Committee shall conduct the training sessions that will suitably assess the competency of the players. As a guide, training sessions will consist of:

Warm up

Skill Based Drills

Small sided game/s (players rotated)

Assessment by Trial (If required)

After registration and before the season begins (usually in late February or early March), trials for those players who wish to be graded into will be organised by the Corrimal JRLFC. Trials enable selectors to see the range of technical skills and game skills across the entire age group and they allow newcomers to the club to be assessed. Trials can be an important means of selecting a team with a range of skills not just a group of individuals. The trial process is outlined below.

How trials are conducted

Trial dates, times and selectors are organised by the Corrimal JRLFC for each age group. There will be at least two selectors for each age group and no selector will have a child playing in that age.

At the trial each selector shall independently evaluate the players who are trailing and after each trial date they should convene to discuss their observations. At the end of the trial period the selectors should reconvene to determine a ranking of players for each team.

Selection of Teams

The basis of selection will be the combination of player's end of season assessments, coach's assessments and Training assessments. Selections will also include, team balance with respect to player positions, attitude of the player to grading and training, the willingness and ability of the player to receive instruction and team spirit. The objective of the selection of teams is to group the top ranked players in that age group together, and to therefore form the highest ranked team.

Notification of Grade and Appointment of Coaches

As soon as possible after final selection, teams and their recommended grading shall be published and nominations for team coach and team manager may be called for. If coaches have already been assigned, they will receive player details. If a coach is to be a parent of a child playing in the same age group, coaches will not be determined for each team until the grading process has been completed.

Appeals

If any player or parent is not satisfied with grading the player receives, they can make a submission in writing to the Corri-mal JRLFC Secretary requesting a review of the players grading, outlining why they think the grading is not correct. The Secretary will consider this submission in consultation with the grading committee to make a final decision on whether or not to change the player's grading



JUNIOR LEAGUE WHAT STAGE?

A SUMMARY OF MAJOR ASPECTS OF PLAY FOR 6 YEARS TO ADULT

Under 6's & 7's						Under 8's & 9's					
 40x20M FIELD SIZE	 06 players TEAM	 8 mins X4 GAME TIME	 1 Pass # OF PASSES	 6 per Set # OF TACKLES	 DEFENDERS STAND BACK 5M	 68x30M FIELD SIZE	 08 players TEAM	 8 mins X4 GAME TIME	 9 yrs FR DH 2 Pass # OF PASSES	 8 yrs FR 2 Pass # OF PASSES	 DEFENDERS STAND BACK 5M
 NO SCRUMS	 TAP RE-START AT HALF WAY	 NO CONVERSIONS	 NO KICKING IN GENERAL PLAY	 6.5 only forward pass can into touch touch on CHANCE RULE		 6 per Set # OF TACKLES	 NO SCRUMS	 TAP RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 10 yrs NO KICKING IN GENERAL PLAY	 10 yrs KICKING ALLOWED (NO BOMBS)
Under 10's & 11's						Under 12's					
 80x48M FIELD SIZE	 11 players TEAM	 20 mins X2 GAME TIME	 FR DH 2 Pass # OF PASSES	 6 per Set # OF TACKLES		 100x68M FIELD SIZE	 13 players TEAM	 20 mins X2 GAME TIME	 FR DH 2 Pass # OF PASSES	 6 per Set # OF TACKLES	
 NO SCRUMS	 TAP RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 KICKING ALLOWED IN GENERAL PLAY (NO BOMBS)	 DEFENDERS STAND BACK 5M		 NO SCRUMS	 TAP RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 KICKING ALLOWED IN GENERAL PLAY (NO BOMBS)	 DEFENDERS STAND BACK 5M	
International 13's & Above						National Safeplay Code 6-15 yrs					
 100x68M FIELD SIZE	 13 players TEAM	 25 40 mins X2 GAME TIME	 0 MINIMUM # OF PASSES	 6 per Set # OF TACKLES		A SUMMARY OF KEY ASPECTS OF THE CODE: <ul style="list-style-type: none">✗ Tackles above the armpits are not permitted✗ Dangerous tackles are not permitted (trips, lifting, pushing, ankle taps)✗ Shoulder charges are not permitted✗ Aggressive palms are not permitted✗ Slinging / swinging is not permitted✗ Dangerous flops are not permitted✗ Verbal abuse / foul language is not permitted✗ No pushing in scrums (13-15 years) A PENALTY WILL BE AWARDED FOLLOWING A BREACH OF THIS CODE.					
 SCRUMS	 KICK OFF RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 KICKING ALLOWED IN GENERAL PLAY	 13.5s & 14.5s DEFENDERS STAND BACK 5M 15.5s DEFENDERS STAND BACK 10M							

A DIFFERENT LEAGUE

PLAY JUNIOR LEAGUE

NRL.COM/PLAY

Competitions

Our Club participates on two different Competitions which is determined by the age group that a player is registered in.

1. Illawarra Coal Junior Rugby League Competition

This is for age groups 5 -12 and are referred to as the Mini /Mod Competition.

This Competition includes all Illawarra JRL Clubs

2. Illawarra/Group 7 South Coast Merged Competition.

This is for age groups 13-16 and is referred to as the International Competition. This competition as the name suggests includes the South Coast Group 7 JRL Clubs and Illawarra JRL Clubs.

Under 17 Age Group

As this age group has only had been running for a short time the number of Clubs involved change , the Illawarra Rugby League may invite out of area teams to participate in this competition.

Insurance cover

All player are covered by SLE insurance through the Country Rugby League. This is paid within a players registration payment.

With this said the amount that each player pays to insurance is very minimal and as the saying go's "you get what you pay for".

In a perfect world it would be great if everyone had private health insurance but we understand that this is not the case.

We as a club feel that it is important to make parents aware what is covered by insurance.

If you have private health insurance all expenses must be claimed through them first.

If you can claim it on Medicare you cannot claim it on insurance, eg. Doctor, public hospitals.

Ambulance is covered by insurance .

If your child does receive and injury and you require an insurance form it can be downloaded from the

website: corrimalcougars.com.au

All forms need to be returned to Steve Waddell (Secretary) to be submitted.

To read the finer details of the insurance cover please go to the

website: corrimalcougars.com.au under resources and you can download insurance forms and insurance information.

Training

Training will commence on Tuesday 28 February, 2017.

All training sessions are held at Ziems Park, unless coaches organise special sessions away from the ground.

Tuesdays and Thursdays.

Time 4.00pm - 7.00pm

Please refer to your coach for confirmation

It should be remembered that Coaching Staff may have to work around family and work commitments so these days and times may change.

If your training day/time needs to be change the Coaching staff will inform you of when they will be training.

It will be the responsibility of Coaching staff to inform their teams of any changes to regular training times or cancellations, and if a player will not be attending training it will be the responsibility of the parent to contact Coaching staff to let them know that their son/daughter will not be attending and when they are likely to resume playing.

All players should bring a water bottle to training.



Wet weather Training

If training needs to be cancelled due to wet weather there are a few places that you can confirm if training will be taking place.

Team App

If you have downloaded Corrimal Cougars Juniors Team App, all cancellations of training will be sent direct to your phone or android.

Website: corrimalcougars.com.au

If you go to this website and “click “ Juniors, on the left-hand side you will find a tab Training “click”. Make sure that the correct day is showing and the information for training for that day will be there.

Council Ground Closed

If you hear on either of the local radio stations that Council Ground are closed then training is off.

If you are still not sure please contact coaching staff or Contacts at the front of this book.

